

# Empowering Men Through Core Energetics: A Transformational Weekend

June 13–15, 2025

## Rediscover Your Strength, Embrace Vulnerability, and Unlock True Connection

In today's fast-paced world, men often find themselves constrained by societal expectations, leaving little room to explore their emotions, vulnerability, or true potential. This weekend workshop is designed for men seeking to reconnect with their authentic selves, redefine their relationship with masculinity, and create a more balanced, fulfilling connection to their sexuality.

## What to Expect

Guided by internationally renowned experts, we will delve into Core Energetics—a dynamic approach combining energy work, movement, and therapeutic techniques to open emotional and energetic blocks. Using this transformative method, you will:

- Explore the roots of shame, guilt, and anger tied to male sexuality.
- Experience powerful practices to release tension and enhance your life force.
- Build emotional resilience and gain a deeper understanding of your identity as a man.
- Cultivate a safe, supportive community to share and grow.

Through experiential exercises, thought-provoking discussions, and structured activities, this workshop will challenge and inspire you to embrace your most vibrant self.

## A Unique Weekend Experience

This special weekend intensive goes beyond the workshop itself. Participants will engage in body work classes every morning, energizing the start of each day, and join community events alongside other students of the Core Energetics school. This blend of structured learning and shared activities ensures a truly immersive, enriching, and dynamic experience—one that promises to challenge, inspire, and excite on both personal and collective levels.

## Why Attend?

This weekend is for men at any stage of their personal journey who are ready to:

- Reclaim joy and confidence in their sexuality.
- Strengthen self-awareness and emotional intelligence.
- Transform limiting beliefs into empowering actions.

## Your Guides

**Klaus Stinshoff, MD:** A seasoned psychotherapist and Core Energetics practitioner since 1987, Klaus brings decades of experience in helping men unlock their potential.

**Nuno Salema:** A clinical psychologist with expertise in creativity and professional training, Nuno's passion lies in facilitating personal growth through Core Energetics.



## Time schedule

Start: Friday 10 am

End: Sunday 5 pm

## Where

EIGENTIJDSERF  
Westelbeers

The Netherlands

## Workshop fee

€300 (Early bird: €250,  
until May 1, 2024)

## Lodging expenses

Room and meals about  
€ 240 – € 270  
depending on  
roomtype

[REGISTER HERE](#)

or send an e-mail to  
[info@coreenergetica.nl](mailto:info@coreenergetica.nl)

